



about FOOD FOR HEALTHY EATING . . .

Over the past years, there has been a tremendous enthusiasm for simpler, unprocessed foods. Many have turned to a vegetarian way of life, some incorporate health foods into a normal diet. Vegetarians — and non-vegetarians — will find these recipes will add new interest and good health to family eating.

Ellen Sinclair

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Australian Women's Weekly

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HOW TO COOK BROWN RICE

Brown rice, because of its hard outer husk, takes longer to cook than polished rice, which has the hard outside shell removed.

The following way of cooking brown rice results in a good separate grain, perfect for salads.

Wash 500 g (1 lb) brown rice under cold running water, do this in a colander or large strainer. Place rice in medium-sized saucepan, add 3½ cups cold water, bring to boil, uncovered; reduce heat to low. Cover, simmer approximately 30 minutes, or until all the water is absorbed. Tilt pan gently to one side to check that no water remains. Do not stir rice while cooking or grains will become sticky.

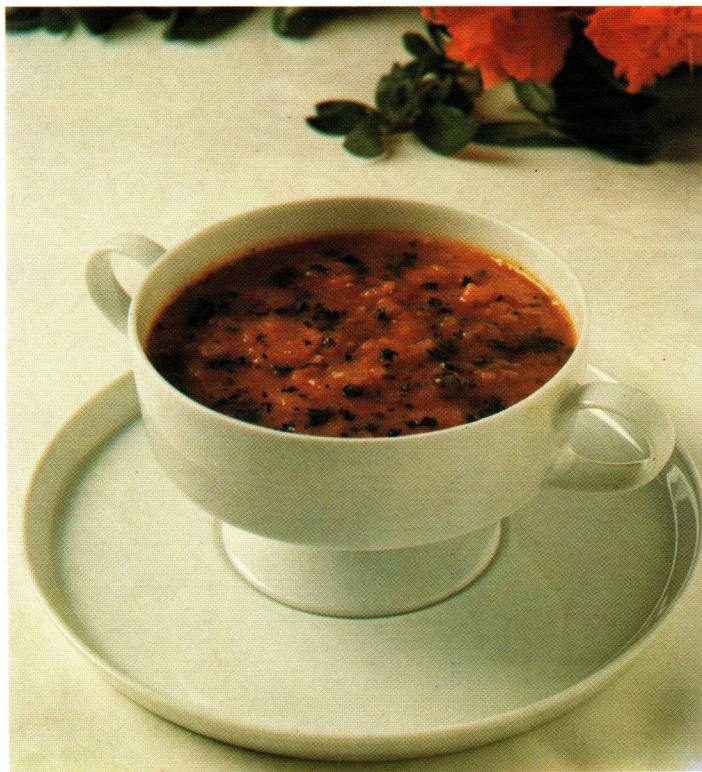
Remove from heat, but leave rice in pan, covered, for at least 15 minutes before serving. It will retain its heat during this time.

This "steaming" period will complete the cooking of the rice, it is now ready to serve. It can be seasoned with a little soy sauce, sea or vegetable salt, or left plain.

Any left-over rice can be kept, refrigerated in an airtight container for several days; use for fried rice, salads, to add to soups and so on. Fried rice made with brown rice has a delicious "nutty" flavour.

Photography by Russell Brooks

TOMATO SOUP



1 tablespoon oil
1 medium onion
1 stick celery
1 clove garlic
1 kg (2 lb.) tomatoes

2 cups water
1 tablespoon chopped parsley
½ teaspoon basil
vegetable salt

Peel and coarsely chop onion; chop celery; peel, seed and chop tomatoes. Heat oil in pan, add onion, celery and crushed garlic, cook until onion is transparent. Add tomatoes, cook, stirring constantly for 5 minutes. Pour mixture into blender with one cup of the water, blend on medium speed until smooth as desired. Return to saucepan, add remaining cup of water, basil and parsley, season with salt, reheat.

Serves 4.

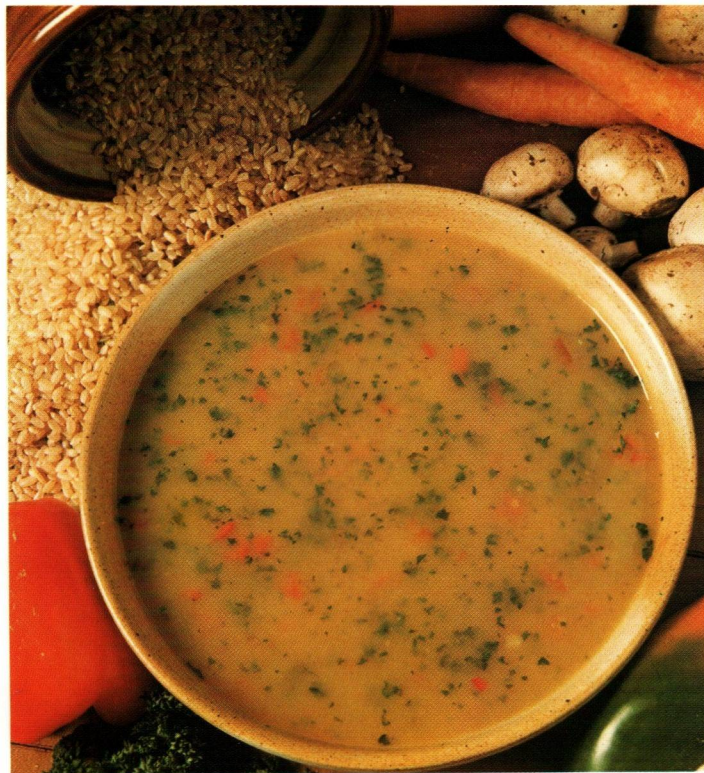
ZUCCHINI ASPARAGUS SOUP

30 g (1 oz.) butter
1 small onion
1 kg (2 lb.) zucchini
1 tablespoon chopped parsley

3 cups water
310 g can asparagus pieces
300 ml carton cream
vegetable salt

Saute peeled and chopped onion in butter until transparent, add unpeeled grated zucchini, stir constantly over medium heat 5 minutes, or until just tender. Place mixture in blender with one cup of the water, parsley and undrained asparagus. If blender is small, blend mixture in two or three lots. Blend on medium speed for few seconds. Place in saucepan, add remaining two cups water, bring to boil. Season with salt, add cream, reheat without boiling.

Serves 6.

VEGETABLE AND RICE SOUP

500 g (1 lb.) old potatoes
2 carrots
1 stick celery
2 sprigs parsley
2 litres (8 cups) water

3 tablespoons brown rice
300 g can three bean mix
1 small red pepper
2 tablespoons chopped parsley
vegetable salt

Peel potatoes, chop roughly; peel carrots, chop roughly; roughly slice celery. Place prepared vegetables in large pan, add parsley sprigs and water, cover, simmer gently 2 hours. Put soup into blender, blend on medium speed, a portion at a time, strain through wire sieve. Return soup to pan, add rice, drained and rinsed three bean mix, finely chopped pepper and chopped parsley. Bring to boil, reduce heat, simmer covered 20 minutes or until rice is tender. Season with vegetable salt.

Serves 4.

SPINACH AND CHEESE SOUP

1 bunch spinach
½ cup water
30 g (1 oz.) butter
2 tablespoons wholemeal flour

1½ cups milk
1 cup water, extra
2 shallots
90 g (3 oz.) cheddar cheese

Wash spinach, remove white stalks, chop leaves roughly. Boil water in pan, add spinach, cover, cook over medium heat 5 minutes; drain. Melt butter in pan, add flour, stir over medium heat 1 minute. Gradually stir in milk, stir until boiling; stir in extra water, mix well. Add spinach and chopped shallots. Put soup in blender, a portion at a time, blend on medium speed 1 minute. Return soup to pan, stir in grated cheese, stir until heated.

Serves 2.

TOMATO AND BASIL QUICHE



TOMATO AND BASIL QUICHE

PASTRY

2 cups wholemeal plain flour
½ teaspoon vegetable salt
90 g (3 oz.) butter

1 egg
2 tablespoons milk

FILLING

500 g (1 lb.) small tomatoes
250 g (8 oz.) onions
1 teaspoon basil

2 eggs
1 cup milk
60 g (2 oz.) cheddar cheese

Pastry: Sift flour and salt into bowl, return husks in sifter to bowl. Rub in butter until mixture resembles coarse breadcrumbs. Add combined beaten egg and milk, mix to a firm dough. Knead dough lightly until smooth. Roll pastry out to fit 23 cm (9 in.) flan tin.

Filling: Peel tomatoes, slice. Peel onions, slice thinly. Arrange layers of onions and tomatoes into pastry shell, ending with onion layer. Sprinkle basil between layers. Combine beaten eggs and milk, carefully pour over tomatoes and onions. Sprinkle grated cheese on top. Bake in moderate oven 40 to 45 minutes or until lightly browned on top and filling has set.

Serves 4.

POTATO QUICHE

750 g (1½ lb.) potatoes
4 shallots
vegetable salt

3 tablespoons sour cream
60 g (2 oz.) grated cheese

Peel potatoes, cut into pieces, cover with salted water, boil, covered until tender; drain well. Mash potatoes, then push through coarse sieve, add finely chopped shallots; mix well. Press mixture evenly into 20 cm (8 in.) flan tin. Remove side from tin, spread top of potato with sour cream; sprinkle with cheese. Grill until golden brown.

Serves 4.

ORIENTAL VEGETABLES WITH RICE

1 cup brown rice
boiling salted water
125 g (4 oz.) green beans
1 large carrot
1 onion
250 g can bean sprouts
¼ cup oil

1 cup shredded cabbage
1 cup shredded lettuce
1 cup shredded spinach
½ cup chopped walnuts
2 tablespoons sesame seeds
vegetable salt

Wash rice, gradually add to large saucepan of boiling salted water, boil rapidly, uncovered 30 to 40 minutes, or until tender; drain.

Top, tail and string beans, cut into 2.5 cm (1 in.) pieces, boil 5 minutes; drain. Peel and slice carrot, peel and chop onion, rinse and drain bean sprouts.

Heat oil in large heavy-based pan, add onion and carrot, cook until onion is tender, add beans, cabbage, lettuce and spinach, cook, stirring until cabbage is just tender. Add rice, walnuts and sesame seeds, heat well. Stir in bean sprouts, season with salt.

Serves 6.

SPAGHETTI WITH TOMATO AND BASIL



SPAGHETTI WITH TOMATO AND BASIL

375 g packet wholemeal spaghetti

SAUCE

1 kg (2 lb.) ripe tomatoes
8 shallots
30 g (1 oz.) butter
2 cloves garlic

3 tablespoons tomato paste
 $\frac{1}{2}$ cup water
2 teaspoons basil
vegetable salt

Cook spaghetti in boiling salted water until tender, approximately 20 minutes. Drain. Serve spaghetti topped with Tomato and Basil Sauce. If desired, sprinkle with a little grated parmesan cheese.

Sauce: Peel tomatoes, remove seeds, chop roughly. Melt butter in pan, add crushed garlic, cook 1 minute. Add tomatoes, cook further 1 minute. Add tomato paste and water, stir until smooth, stir until sauce comes to boil, reduce heat, add chopped shallots, basil and salt, simmer uncovered 2 minutes.

Serves 4 to 6.

NUT RISSOLES



NUT RISSOLES

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| 2 tablespoons oil | ¼ teaspoon nutmeg |
| 250 g (8 oz.) unsalted peanuts | 1 tablespoon chopped parsley |
| 2 eggs, separated | vegetable salt |
| 3 medium potatoes | 1½ cups packaged dry |
| 30 g (1 oz.) butter | breadcrumbs |
| 2 onions | oil for shallow-frying, extra |

Peel potatoes, cook in the usual way until tender. Drain, mash with butter. Put peanuts in electric blender on high speed until smooth and paste-like. Peel onions, chop finely. Heat oil in pan, add onions, cook until golden brown. Add nuts, salt, parsley and nutmeg. Put mixture in bowl, combine thoroughly with mashed potatoes and egg-yolks. Roll into balls about 2.5 cm (1 in.) in diameter, dip in lightly beaten egg-whites, roll in breadcrumbs. Heat extra oil in frying pan, cook rissoles until golden brown.

Serves 4.

FRIED EGGPLANT

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|-----------------------------|------------------------|
| 2 large eggplants | 1½ cups wheatgerm |
| ¾ cup wholemeal plain flour | vegetable salt |
| 1 egg | ¼ cup sesame seeds |
| ½ cup water | oil for shallow-frying |

Peel eggplants thinly, cut into 1 cm (½ in.) thick slices, lengthwise; toss in flour, dip in combined beaten egg and water, toss in combined wheatgerm, salt and sesame seeds. Shallow-fry in oil for 5 to 10 minutes, or until tender; drain.

Serves 4 to 6.

ITALIAN VEGETABLE SLICE



ITALIAN VEGETABLE SLICE

RICE BASE: 30 g (1 oz.) butter, 1 onion, 1 cup brown rice, 3 cups water, 1 egg-yolk, vegetable salt

FILLING: 60 g (2 oz.) butter, 2 onions, 125 g (4 oz.) mushrooms, 2 large tomatoes, 1 red pepper, 1 green pepper

TOPPING: 45 g (1½ oz.) butter, ¼ cup wholemeal plain flour, 1 cup milk, 60 g (2 oz.) cheddar cheese, 1 egg, ¼ cup cream, vegetable salt, 1 tablespoon chopped parsley, 2 tablespoons grated parmesan cheese

Rice Base: melt butter in saucepan, cook finely chopped onion until it starts to turn golden. Add rice, mix well. Gradually add boiling water, 1 cup at a time; wait until liquid has been absorbed before adding next cup. Stir at each addition; cover pan. The rice should cook about 30 minutes from time first cup of water is added. The rice should be very tender, liquid all absorbed and mixture creamy at the end of this time. Combine rice with beaten egg-yolk and salt. Line 28 cm × 18 cm (11 in. × 7 in.) lamington tin with aluminium foil, bringing it 5 cm (2 in.) above side of tin on each side; this makes it easy to lift slice from tin when cooked. Press rice mixture lightly over base of tin.

Filling: Melt butter in large pan, add peeled and finely chopped onions, cook until transparent. Add sliced mushrooms, peeled and chopped tomatoes and seeded and chopped peppers. Cook quickly for 1 minute. Arrange over rice base.

Topping: Melt butter in saucepan, remove pan from heat, add flour, stir until smooth, return to heat, stir constantly for 2 minutes. Remove from heat, add milk gradually, stir until smooth. Return to heat, stir until mixture boils and thickens. Remove from heat, cool slightly. Add grated cheese, lightly beaten egg, cream and salt. Stir until cheese melts. Stir in parsley. Pour mixture over vegetables and rice. Sprinkle with parmesan cheese. Bake in moderate oven 50 minutes. **Serves 6.**

VEGETABLE NUTMEAT LOAF



430 g can nutmeat

1 carrot

1 onion

1 tablespoon chopped parsley

375 ml can vegetable juice

1½ cups packaged dry
breadcrumbs

1 egg

vegetable salt

Combine chopped nutmeat, peeled and grated carrot, peeled and grated onion, vegetable juice, parsley, egg and breadcrumbs. Season with salt, mix well. Press mixture into greased 20 cm × 10 cm (9 in. × 4 in.) loaf tin. Bake in moderate oven 25 to 30 minutes. Serve hot or cold with vegetables or salad.

Serves 4.

CREAM TOPPED CAULIFLOWER

1 medium cauliflower

3 tablespoons sour cream

3 tablespoons plain yoghurt

3 tablespoons cottage cheese

30 g (1 oz.) butter

1 tablespoon chopped parsley

Boil or steam cauliflower until just tender, drain, place in oven-proof dish. Top with combined sour cream, yoghurt and cottage cheese, pour melted butter over. Bake in moderate oven 10 to 15 minutes. Sprinkle with parsley before serving.

Serves 4.

WHOLEMEAL PIZZA



WHOLEMEAL PIZZA

BASE

22 g (¾ oz.) compressed yeast	1 egg
½ teaspoon raw sugar	2 cups wholemeal plain flour
½ cup warm water	pinch vegetable salt

TOPPING

2 tablespoons tomato paste	125 g (4 oz.) mushrooms
500 g (1 lb.) tomatoes	60 g (2 oz.) cheddar cheese
1 medium onion	2 tablespoons oil
1 small red pepper	1 potato

Blend together yeast and sugar; combine beaten egg and water, add to creamed yeast, leave for 15 minutes. Sift flour and salt into bowl, return husks in sifter to bowl. Make a well in centre of flour, add yeast mixture, mix to a firm dough. Turn out onto floured board, knead lightly until dough is smooth. Roll out dough to line 30 cm × 25 cm (12 in. × 10 in.) greased swiss roll tin.

Spread tomato paste over dough, place peeled and thinly sliced tomatoes over top. Spread peeled, grated potato over tomatoes. Sprinkle finely chopped pepper and peeled and finely sliced onion over potato. Top with sliced mushrooms. Sprinkle grated cheese on top, drizzle oil over pizza. Bake in moderate oven 25 to 30 minutes.

Serves 4.

VEGETABLE BURGERS



VEGETABLE BURGERS

¾ cup brown rice

3 tablespoons chopped parsley

1 carrot

1 clove garlic

4 shallots

2 eggs

½ cup salted peanuts

90 g (3 oz.) cheddar cheese

vegetable salt

**coarse wholemeal flour (No. 2
wholemeal)**

oil for shallow-frying

Gradually add rice to large saucepan of boiling salted water, boil uncovered 30 to 35 minutes or until tender; drain. Combine rice, parsley, grated carrot, chopped shallots, crushed garlic, lightly beaten eggs, chopped peanuts, grated cheese and salt; mix well. Take heaped tablespoonfuls of mixture, coat with the wholemeal flour, press firmly into round patties. Heat oil in pan, add burgers, cook on both sides until golden brown.

Makes approximately 8.

**EGGPLANT PROVENCALE WITH BROWN
ALMOND RICE****EGGPLANT PROVENCALE**

2 tablespoons oil
1 large eggplant
3 zucchini
1 green pepper
3 tomatoes

125 g (4 oz.) mushrooms
1 tablespoon chopped parsley
1 teaspoon basil
vegetable salt

Chop unpeeled eggplant and zucchini into large pieces, cut pepper into 2.5 cm (1 in.) pieces, cut peeled tomatoes into small wedges; coarsely chop mushrooms.

Heat oil in pan, add eggplant, zucchini and pepper, cook 5 minutes, or until vegetables are just tender. Add tomatoes, mushrooms, parsley and basil, season with salt, cook further 3 to 5 minutes or until mushrooms are tender. Serve with Brown Almond Rice.

BROWN ALMOND RICE

500 g (1 lb.) brown rice
2 tablespoons oil
2 onions

1 clove garlic
60 g (2 oz.) slivered almonds

Add rice gradually to large quantity of boiling salted water, boil, rapidly, uncovered 30 to 40 minutes, or until tender; drain well. Heat oil in pan, add peeled and finely chopped onions, crushed garlic and slivered almonds, cook 5 minutes, or until almonds are golden brown, add to rice, mix well.

Serves 4 to 6.

BROWN RICE AND VEGETABLES**BROWN RICE AND VEGETABLES**

2 cups brown rice	250 g (8 oz.) mushrooms
boiling salted water	250 g can bean sprouts
2 medium onions	½ cup oil
250 g (8 oz.) broccoli	1 clove garlic
1 large carrot	1 tablespoon soy sauce

Wash rice, add gradually to large saucepan of boiling salted water, boil rapidly uncovered 30 to 40 minutes, or until tender; drain well.

Peel and chop onions; break broccoli into flowerets; peel and slice carrot; slice mushrooms; wash and drain bean sprouts.

Heat oil in heavy based pan, add onion and crushed garlic, cook until onion is transparent, add carrot and broccoli, cook, stirring, until just tender. Add mushrooms, cook until tender, stir in rice, heat well, gently stir in bean sprouts and soy sauce.

Serves 6.

BRAISED CELERY

8 sticks celery	4 shallots
60 g (2 oz.) butter	2 tablespoons chopped parsley
½ cup boiling water	vegetable salt

String celery, cut into diagonal slices. Heat butter in large pan, add celery, toss in butter 3 minutes. Add water, bring to boil, reduce heat, add finely chopped shallots and parsley, simmer covered 3 minutes. Remove lid, increase heat to evaporate any remaining liquid. Season with salt.

Serves 4.

GARLIC BEAN SALAD



GARLIC BEAN SALAD

454 g can soy beans
½ cup oil
¼ cup cider vinegar
1 clove garlic
½ teaspoon dill

6 shallots
½ green pepper
2 sticks celery
2 tablespoons chopped parsley
vegetable salt

Wash beans well under cold water, drain, combine with oil, vinegar, crushed garlic and dill, cover, refrigerate 30 minutes. Chop shallots, pepper and celery finely, combine with bean mixture, add parsley and salt, toss lightly.

Serves 4.

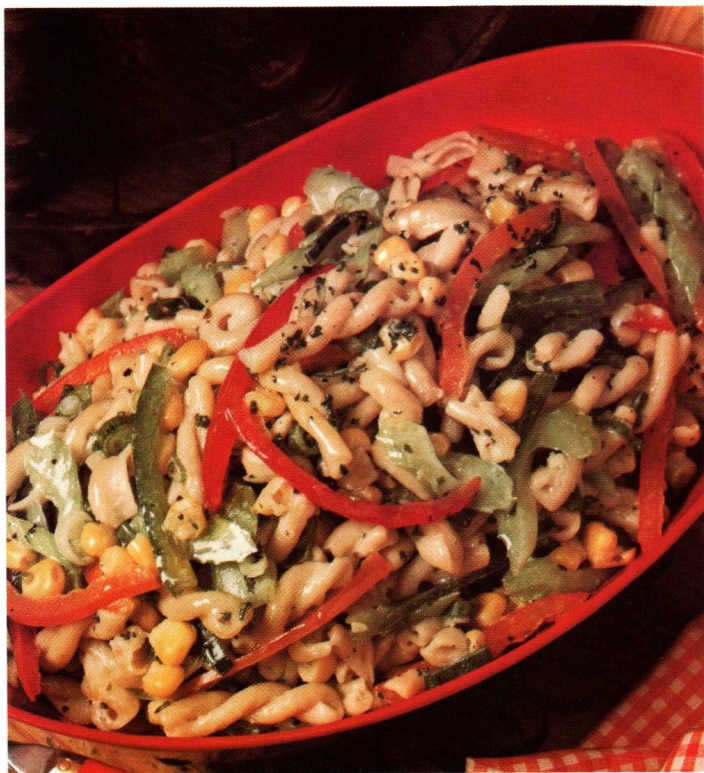
CUCUMBER YOGHURT SALAD

2 cucumbers
1 small onion
¼ cup chopped walnuts
¼ cup raisins

1 tablespoon chopped mint
200 g carton plain yoghurt
vegetable salt

Peel and finely chop cucumbers, combine in basin with peeled and finely chopped onion, chopped walnuts and whole raisins; stir in mint. Add yoghurt, season with salt, toss ingredients lightly together.

Serves 4.

SOYARONI SALAD**SOYARONI SALAD**

250 g (8 oz.) packet Soyaroni
(or wholemeal macaroni)

8 shallots

1 red pepper

½ green pepper

3 sticks celery

2 tablespoons chopped chives

1 tablespoon chopped parsley

300 g can sweet corn niblets

vegetable salt

DRESSING

3 tablespoons lemon juice

2 teaspoons raw sugar

4 tablespoons oil

2 tablespoons cream

1 teaspoon basil

vegetable salt

Cook soyaroni in large saucepan of boiling salted water until tender, approximately 20 minutes; drain, cool. Combine cold soyaroni, chopped shallots, thinly sliced peppers, drained corn, chopped celery, chives and parsley; mix well. Add dressing, mix until combined.

Dressing: Put lemon juice, sugar, basil and salt into bowl, gradually whisk in oil. Add cream, whisk well.

Serves 6.

WHOLEMEAL PANCAKES



WHOLEMEAL PANCAKES

$\frac{1}{2}$ cup wholemeal plain flour

2 eggs

pinch vegetable salt

$\frac{3}{4}$ cup milk

Sift flour and salt into bowl, return husks in sifter to bowl, add lightly beaten eggs, stir until mixture is smooth and free of lumps. Gradually add milk, mixing to a smooth batter. Allow to stand 30 minutes. Heat pan, grease well. From a small jug pour 2 to 3 tablespoons of pancake mixture into pan, swirling batter evenly around pan. Cook over medium heat until light golden brown. Turn pancake and cook on other side. Repeat with remaining batter. Fill with any cooked vegetable combination, roll up, sprinkle with grated cheese, bake in moderate oven 5 minutes or until cheese has melted, sprinkle with parsley. Or serve with any sweet filling.

WHOLEMEAL PIKELETS

1 cup wholemeal self-raising flour 1 egg

pinch salt

$\frac{3}{4}$ cup milk

$\frac{1}{2}$ teaspoon bicarbonate of soda

1 teaspoon white cider vinegar or
lemon juice

2 tablespoons honey

2 teaspoons oil

Add vinegar to milk, stand in warm place until milk turns sour. Sift dry ingredients into bowl, stir in lightly beaten egg, honey, sour milk and oil; beat until smooth. Drop dessertspoons of mixture on to greased hot griddle or frypan. Cook until bubbles appear on top, turn, cook other side. Serve with butter and honey.

Makes 24.

WHOLEMEAL BOILED FRUIT CAKE



375 g (12 oz.) mixed fruit

60 g (2 oz.) dates

125 g (4 oz.) butter

1 cup raw sugar

1 tablespoon golden syrup

1 cup water

1 egg

$\frac{1}{3}$ cup chopped walnuts

1 cup wholemeal plain flour

1 cup wholemeal self-raising flour

Combine mixed fruit, chopped dates, butter, sugar, golden syrup and water in saucepan. Stir over medium heat until butter has melted, increase heat, boil, uncovered 2 minutes. Remove from heat, leave until completely cold.

Stir in beaten egg and walnuts, then sifted flours with husks from sifter, beat lightly. Pour mixture into greased and greased-paper-lined deep 20 cm (8 in.) round cake tin. Bake in moderately slow oven 1 $\frac{3}{4}$ hours. Leave to cool in tin.

DATE AND WALNUT SLICE

1 cup wholemeal self-raising flour $\frac{3}{4}$ cup chopped walnuts

$\frac{1}{2}$ cup raw sugar

60 g (2 oz.) butter

$\frac{3}{4}$ cup chopped dates

1 egg

Sift flour into basin, return husks from sifter to basin, add sugar, dates and walnuts, mix well. Melt butter, combine with beaten egg, stir into fruit mixture, beat well. Press over base of well-greased 20 cm (8 in.) slab tin, bake in moderate oven 30 minutes. Cut into squares, cool in tin.

ORANGE PRUNE LOAF



ORANGE PRUNE LOAF

125 g (4 oz.) butter

1 teaspoon grated orange rind

$\frac{3}{4}$ cup raw sugar

2 eggs

$\frac{1}{2}$ cup chopped walnuts

250 g (8 oz.) prunes

$\frac{3}{4}$ cup natural yoghurt

$\frac{1}{4}$ cup orange juice

2 cups wholemeal self-raising
flour

Beat butter and orange rind until creamy, add sugar, then eggs one at a time, beating well after each addition. Stir in walnuts and pitted and chopped prunes. Add orange juice and yoghurt alternately with sifted flour. Add husks from sifter; beat mixture well. Spread into well-greased 23 cm \times 12 cm (9 in. \times 5 in.) loaf tin. Bake in moderate oven approximately $1\frac{1}{4}$ hours or until cooked when tested.

WHEATGERM BANANA CAKE

$\frac{1}{3}$ cup oil

$\frac{3}{4}$ cup honey

3 eggs, separated

3 large bananas

$\frac{1}{2}$ cup wheatgerm

$1\frac{1}{4}$ cups wholemeal self-raising
flour

Combine oil, honey and egg yolks in small basin, beat with electric mixer, or rotary beater 5 minutes, or until thick and creamy. Add peeled, mashed bananas (there should be enough to give 1 cup) then wheatgerm and sifted flour (return husks from sifter to basin). Beat egg whites until soft peaks form, fold through mixture. Divide between two well-greased 20 cm \times 10 cm (8 in. \times 4 in.) loaf tins, bake in moderate oven 30 minutes, turn onto wire rack to cool.

WHOLEMEAL CARROT CAKE**WHOLEMEAL CARROT CAKE**

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|--------------------------------|-------------------------------|
| 1 cup wholemeal plain flour | 1½ cups finely grated carrot, |
| 1 teaspoon bicarbonate of soda | lightly packed (approx 2 |
| 1 teaspoon cinnamon | medium carrots) |
| 1 cup sultanas | 2 eggs |
| 1 cup raw sugar | ¾ cup oil |

Sift flour, soda and cinnamon into bowl, return husks in sifter to bowl. Add sultanas, carrot and sugar, mix well. Beat eggs and oil together with fork, add to well in centre of dry ingredients, beat well. Spread mixture into well-greased 28 cm × 18 cm (11 in. × 7 in.) lamington tin, bake in moderate oven approximately 40 minutes or until cooked when tested. Let stand in tin 5 minutes before turning on to wire rack to cool.

BANANA DATE BREAD

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|-------------------------------|--------------------------------|
| 90 g (3 oz.) butter | ¾ cup finely chopped dates |
| ½ cup raw sugar | 3 medium bananas |
| 1 teaspoon grated orange rind | 2½ cups wholemeal self-raising |
| 2 eggs | flour |
| | ⅓ cup orange juice |

Cream butter, sugar and orange rind, add eggs one at a time, beating well after each addition. Stir in dates and peeled mashed bananas, then sifted flour (return husks from sifter to basin) alternately with orange juice, mix well. Spread into well-greased 23 cm × 12 cm (9 in. × 5 in.) loaf tin, bake in moderate oven 1 hour. Stand 5 minutes, turn on to wire rack to cool. Serve sliced and buttered.

WHOLEMEAL APPLE PIE



WHOLEMEAL APPLE PIE

PASTRY

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|-------------------------------|-------------------------------|
| 1½ cups wholemeal plain flour | 185 g (6 oz.) butter |
| 1½ cups wheatgerm | ½ cup iced water |
| ½ teaspoon salt | 1 tablespoon raw sugar, extra |
| 1 tablespoon raw sugar | |

FILLING

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|-----------------|-------------|
| 4 large apples | ¼ cup water |
| ½ cup raw sugar | |

Pastry: Sift flour and salt into basin, return husks from sifter to basin; add wheatgerm and sugar, rub in butter. Add enough of the iced water to give a firm, but pliable dough. Turn onto lightly floured surface, knead until smooth; refrigerate 30 minutes.

Roll two-thirds of pastry to line greased 23 cm (9 in.) pie plate, brush edges with water. Fill with cold apple mixture, cover with remaining pastry. Pinch edges of pastry together, brush top of pie with water, sprinkle with extra sugar. Cut small slits in pastry to allow steam to escape. Bake in moderately hot oven 10 minutes, reduce heat to moderate, bake further 20 minutes, or until pastry is golden brown.

Filling: Peel and core apples; slice thinly, combine in saucepan with sugar and water, cook, covered over medium heat until apples are tender.

APRICOT SLICE

APRICOT SLICE

PASTRY

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|-------------------------------|--------------------------------|
| 1½ cups wholemeal plain flour | 1 egg, separated |
| ½ cup ground hazelnuts | 1½ tablespoons water |
| 2 tablespoons raw sugar | 1 teaspoon lemon juice |
| 90 g (3 oz.) butter | 2 tablespoons raw sugar, extra |

FILLING

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|------------------------------|-------------------------------------|
| 1½ cups water | 2 tablespoons sour cream or yoghurt |
| 185 g (6 oz.) dried apricots | ¼ cup orange juice |

Sift flour into bowl, return husks in sifter to bowl. Rub in butter until mixture resembles fine breadcrumbs. Add hazelnuts and raw sugar, mix well. Combine egg-yolk, water and lemon juice, add to flour mixture, mix to a firm dough. Turn out onto lightly floured surface, knead lightly. Divide pastry in half. Roll out one half of pastry to fit 28 cm × 18 cm (11 in. × 7 in.) lamington tin. Bring pastry slightly up sides of tin. Spoon prepared filling over pastry, brush edges with lightly beaten egg-white. Roll out remaining pastry to fit over top of slice, trim edges with a sharp knife, then press edges together with the back of a fork. Brush top of slice with egg white, sprinkle extra sugar over. Make a few slits in top of pastry. Bake in moderate oven 20 to 25 minutes or until pastry is pale golden brown. Serve hot or cold, topped, if desired, with yoghurt.

Filling: Place apricots in pan, add water, simmer gently until apricots are tender, approximately 15 minutes; drain. Place apricots in blender, add remaining ingredients, blend on high speed 1 minute.



WHEATGERM WAFERS



WHEATGERM WAFERS

$\frac{1}{2}$ cup wholemeal plain flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon vegetable salt
1 teaspoon raw sugar

$\frac{3}{4}$ cup wheatgerm
60 g (2 oz.) butter
2 tablespoons water

Sift flour, baking powder and salt into bowl, return husks in sifter to bowl. Add sugar and half cup of wheatgerm; mix lightly. Rub in butter until mixture resembles fine breadcrumbs. Stir in water quickly but gently.

Gather dough into ball and place on floured surface; knead lightly. Roll out to 2.5 cm (1 in.) thickness, sprinkle over remaining wheatgerm and continue to roll until dough is wafer-thin. Cut into rounds using a 5 cm (2 in.) cutter. Place on lightly greased oven trays. Bake in moderate oven 10 to 15 minutes or until light golden brown. Allow to cool on trays. Makes approx 30.

CRUNCHY WHOLEMEAL BISCUITS

$1\frac{1}{4}$ cups wholemeal self-raising
flour
 $\frac{1}{3}$ cup coconut
 $\frac{1}{2}$ cup raw sugar

90 g (3 oz.) butter
 $\frac{1}{2}$ cup finely chopped mixed fruit
1 egg

Sift flour into bowl, return husks in sifter to bowl. Stir in coconut and sugar, rub in butter, add mixed fruit. Stir in beaten egg, mix to firm dough with hand. Turn on to lightly floured board, knead lightly. Roll out to 5 mm ($\frac{1}{4}$ in.) thickness, cut into rounds using 5 cm (2 in.) cutter. Place on lightly greased baking trays, bake in moderate oven approximately 15 minutes or until light golden brown. Loosen on trays, cool on trays.

Makes approximately 30.

SESAME SWEETS



SESAME SWEETS

1 cup sugar
 $\frac{1}{2}$ cup water

90 g (3 oz.) butter
1 cup toasted sesame seeds

Combine sugar, water and butter in saucepan, stir over medium heat until sugar has dissolved. Increase heat, bring to boil, do not stir; boil rapidly for approximately 10 minutes, or until golden brown. Remove from heat, quickly stir in toasted sesame seeds. Stir quickly or mixture will turn sugary. Spread on to 30 cm \times 25 cm (12 in. \times 10 in.) swiss roll tin which has been lined with lightly oiled aluminium foil. Use oiled spatula for spreading mixture. Mark into finger-lengths while still hot.

To Toast Sesame Seeds: Place sesame seeds in heavy-based frying pan, stir over low heat until seeds are golden brown, approximately 3 minutes. Remove seeds from pan immediately or seeds will continue to brown in heat of frying pan.

HONEY SUNFLOWER SWEETS

125 g (4 oz.) butter
 $\frac{3}{4}$ cup honey
 $4\frac{1}{2}$ cups cornflakes

$\frac{2}{3}$ cup sunflower seed kernels
 $\frac{1}{3}$ cup coconut

Combine butter and honey in saucepan, stir over low heat until butter has melted, increase heat slightly, simmer 5 minutes. Add uncrushed cornflakes, sunflower seeds and coconut, mix lightly, press into well-greased 28 cm \times 18 cm (11 in. \times 7 in.) lamington tin, refrigerate until set. Cut into squares.

MUESLI



MUESLI

Making your own Muesli in bulk not only saves money, it also means that you can have a mixture that exactly suits your taste. We like the following combination, but any combination of dried fruits can be used instead of the ones suggested below. You could add $\frac{1}{4}$ cup skim milk powder for extra protein and up to 1 cup of raw sugar for sweetening.

500 g (1 lb.) rolled oats	125 g (4 oz.) dried apricots
250 g (8 oz.) unprocessed bran	125 g (4 oz.) dried apples
125 g (4 oz.) coconut	250 g (8 oz.) sultanas
125 g (4 oz.) sesame seeds	125 g (4 oz.) sunflower seed
125 g (4 oz.) dates	kernels

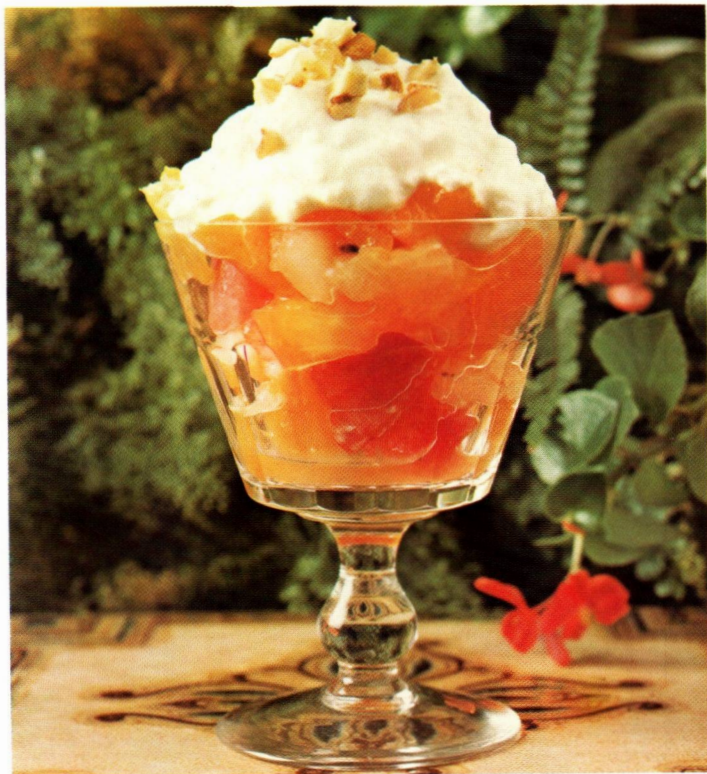
Combine coconut and sesame seeds in heavy-based pan, stir over medium heat until golden brown, place in large bowl with bran and rolled oats. Finely chop dates, apricots and apples, add to mixture with sultanas and sunflower seeds; mix well. Store in plastic bag in refrigerator.

Makes 2 kg (4 lb.)

Toasted Muesli: Toasting the muesli seems to accentuate the flavor and make the mixture crisp and crunchy. To toast the above quantity of muesli, combine 250 g (8 oz.) butter and 1 cup honey in saucepan, stir over low heat until butter has melted.

Combine in baking dish the rolled oats, bran and sunflower seeds. Pour the butter-honey mixture over, mix through lightly. Bake in moderate oven 1 hour or until golden; stir mixture about every 10 to 15 minutes. When cool, add remaining ingredients.

YOGHURT — TO MAKE YOUR OWN



YOGHURT — To make your own

To obtain best results when making yoghurt, the milk mixture should be at the exact temperature stated in each recipe. You will need a thermometer to test this. A photographer's thermometer, available at camera supply shops for around \$1 is ideal.

BASIC YOGHURT

2½ cups milk

1 tablespoon commercial natural yoghurt

2 tablespoons full-cream milk powder

Combine milk and powdered milk in bowl, whisk until free of lumps. Pour into saucepan, scald (i.e. heat until ripples form on top of milk); do not boil. Remove from heat, cool to just above lukewarm (50 deg C or 122 deg F). Put commercial yoghurt in bowl, gradually add milk, whisk until well combined. Liquid should be lukewarm (41 deg C or 115 deg F). Strain liquid. Yoghurt can now be set in vacuum flask or electric yoghurt maker. (Follow manufacturer's instructions for electric yoghurt maker.)

Vacuum Flask: Just before putting yoghurt mixture into vacuum flask, rinse the flask out with hot water so that inside of flask is still warm when yoghurt mixture is added. Seal firmly, with lid. Stand overnight without moving, then refrigerate several hours before serving.

LOW CALORIE SKIM MILK YOGHURT

Combine ¾ cup skim milk powder and 2½ cups water in bowl, whisk until free from lumps, pour into saucepan, proceed as for basic recipe using 1 tablespoon commercial, natural or skim milk yoghurt.

SOUR CREAM YOGHURT

Combine 2 cups milk, 2 tablespoons full cream milk powder and ½ cup sour cream, whisk well until free of lumps. Pour into saucepan, proceed as for basic recipe, using one tablespoon of commercial natural yoghurt.